

# CountrySide Lakes®

A Shepherd Senior Living Community

## NOVEMBER 2017



## ACTIVITIES CALENDAR

[CountrySideLakes.com](http://CountrySideLakes.com)

# ACTIVITIES

## ANIMAL THERAPY

Come pet, snuggle with, and enjoy a variety of animals, including our own community pup, Bella.



## AFTERNOON MOVIE

Join us for popcorn and snacks as we screen everything from classics to new releases.

## BEER, BRATS, AND BOYS

Boys will be boys. Sometimes, we just need a beer, a brat, and a reason to talk "guy stuff." No rules here. Just good times.

## BIBLE STUDY

Chaplain Dannie guides you through the Bible and other topics of faith.

## BILLIARDS TOURNAMENT

Test your billiards skills amongst your fellow residents. Includes individual, team, and group matches.

## BOARD GAMES

Calling all talented gamers. We challenge you to the classics – from Monopoly and Sorry to oh-so-much more.

## BOOK CLUB

Love to read? Join us as we read and discuss everything – from the classics to today's best selling novels.

## BOWLING

Dust off that ball, find those ugly shoes, and let's go bowling in a local community alley.

## CARDS

Enjoy a variety of card games, including poker, bridge, euchre, canasta, rummy, UNO, Phase 10, and more.

## CARDS, COFFEE, & CONVERSATION

Connect with friends here at CountrySide and in the broader community. We provide the cards and coffee.

## CHEF'S TABLE EXPERIENCE

An out of this world dining experience, including prime meats, fine wines, and seafood. Reservations required one day in advance – confirm with Linda or Cathy.



## CHURCH SERVICE

Worship with your neighbors, as local community churches come on-site to share a service with us.

## COMMUNITY ED

Local professionals teach us how to do a variety of things. These pros range from farmers to lawyers, accountants to engineers. Eventually, we'll cover them all.

## COOKIES, CAKES, & CANDY

Yes, we have devoted an entire activity to these delicious morsels. Join us for baking and tasting.

## COOKING CLASS

Lee lets loose some secrets to his amazing dishes. Bring an apron for this hands-on experience. Tasters are also welcome.

## DARTS

Check out our electronic dart game and join us as we practice and compete. Includes individual, team, and group matches.

## EVENING MOVIE

Join us for popcorn and snacks as we screen everything from classics to new releases.

## FLOWER ARRANGING

Learn the tips and tricks the pros use to create stunning flower arrangements. Brought to you by our local florists.

## FRIDAY NIGHT LIGHTS

Curl up with some good snacks and watch sports, movies, and other TV shows together.

## FUN WITH CULINARY

Be our guest as we celebrate our chef, Lee. Bring your appetite for this special treat.

## HEALTHY EATING

Oh so much more than a cooking class, this experience shows you how what we put in our bodies impacts our well being.

## HOSTING AND ENTERTAINING

This peek behind the scenes lets you learn how the pros put together such a beautiful dining experience.

## HAPPY HOUR

The name says it all. Join us daily in the Atrium and don't be surprised if Charlie throws in some themes and entertainment.

## HAPPY PAINTING

Create your own acrylic masterpiece over happy hour.

# NOVEMBER 1-4, 2017

## Wednesday 1

**9:00 am**  
**Personal Trips**  
Check In at Concierge Desk  
**Cornhole**  
Backyard  
**9:45 am**  
**Trivial Pursuit**  
1st Floor Atrium  
**Book Club**  
2nd Floor Library  
**10:00 am**  
**Fun with Culinary**  
1st Floor Dining Room  
**Circuit Training**  
3rd Floor Exercise Area  
**10:30 am**  
**Singspiration**  
1st Floor Atrium  
**Outdoor Games**  
Backyard  
**10:45 am**  
**Functional Flex**  
3rd Floor Exercise Area  
**11:30 am**  
**Lunch Bunch**  
Check In at Concierge Desk  
**2:00 pm**  
**Stretch**  
3rd Floor Exercise Area  
**Live Entertainment**  
**George Gall**  
1st Floor Lobby  
**2:45 pm**  
**Progressive Party**  
2nd Floor Activity Area  
**5:30 pm**  
**Chefs Table**  
1st Floor Atrium  
**6:30 pm**  
**Darts**  
3rd Floor Billiards Area  
**Evening Movie**  
2nd Floor Activity Area

## Thursday 2

**9:00 am**  
**Personal & Doctor Trips**  
Check In at Concierge Desk  
**Aerobics**  
3rd Floor Exercise Area  
**9:30 am**  
**Bible Study**  
2nd Floor Activity Area  
**Croquet**  
Backyard  
**Journey of a Lifetime Walking Club**  
1st Floor Lobby  
**10:00 am**  
**Tea Time**  
1st Floor Dining Room  
**Circuit Training**  
3rd Floor Exercise Area  
**10:30 am**  
**Yoga**  
3rd Floor Exercise Area  
**10:30 am**  
**Darts**  
3rd Floor Billiards Area  
**1:30 pm**  
**Smoothies**  
1st Floor Atrium  
**Hand & Foot**  
2nd Floor Activity Area  
**3:30 pm**  
**Happy Hour**  
1st Floor Atrium  
**Prize Patrol**  
1st Floor Dining Room  
**6:30 pm**  
**Live Entertainment**  
**Shannon Rae**  
1st Floor Lobby  
**Evening Movie**  
2nd Floor Activity Area

## Friday 3

**8:30 am**  
**Shopping, Banking & Personal Trips**  
Check In at Concierge Desk  
**9:00 am**  
**Blood Pressure Checks**  
1st Floor Atrium  
**Aerobics**  
3rd Floor Exercise Area  
**9:45 am**  
**Coffee & Danish**  
1st Floor Atrium  
**Outdoor Games**  
Backyard  
**10:00 am**  
**Circuit Training**  
3rd Floor Exercise Area  
**Dominoes**  
1st Floor Atrium  
**10:30 am**  
**Puzzles**  
3rd Floor Billiards Area  
**Wii Bowling**  
2nd Floor Activity Area  
**1:00 pm**  
**Bus Ride**  
Check In at Concierge Desk  
**Stretch**  
3rd Floor Exercise Area  
**2:00 pm**  
**Happy Hour**  
1st Floor Atrium  
**Live Entertainment**  
**Marsha & Mike**  
1st Floor Atrium  
**3:15 pm**  
**Chair Dancing**  
3rd Floor Exercise Area  
**6:30 pm**  
**Evening Movie**  
2nd Floor Activity Area  
**7:00 pm**  
**Billiards**  
3rd Floor Billiards Area

## Saturday 4

**9:00 am**  
**Outdoor Games**  
Backyard  
**Billiards**  
3rd Floor Billiards Area  
**9:30 am**  
**Church of Epiphany**  
2nd Floor Activity Area  
**10:00 am**  
**News Talk**  
1st Floor Lobby  
**Circuit Training**  
3rd Floor Exercise Area  
**Cooking Quiz**  
1st Floor Dining Room  
**1:30 pm**  
**Bingo**  
2nd Floor Activity Area  
**Book Club**  
2nd Floor Library  
**2:00 pm**  
**Circuit Training**  
3rd Floor Exercise Area  
**3:30 pm**  
**Happy Hour**  
1st Floor Atrium  
**6:30 pm**  
**Evening Movie**  
2nd Floor Activity Area  
**Darts**  
3rd Floor Billiards Area

Activities are shown in red. Wellness classes are in blue.

## Sunday 5

**9:00 am**  
**Hosting & Entertaining**  
 1st Floor Dining Room  
**Circuit Training**  
 3rd Floor Exercise Area

**9:30 am**  
**Coffee & Conversation**  
 1st Floor Lobby

**10:30 am**  
**CountrySide Church Service**  
 1st Floor Atrium

**1:30 pm**  
**Outdoor Games**  
 Backyard

**Snacks**  
 1st Floor Dining Room

**2:00 pm**  
**Board Games**  
 1st Floor Atrium

**Chicken Soup for the Soul**  
 1st Floor Lobby

**3:00 pm**  
**Trivia**  
 1st Floor Lobby

**Circuit Training**  
 3rd Floor Exercise Area

**Darts**  
 3rd Floor Billiards Area

**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area

## Monday 6

**8:30 am**  
**Shopping, Banking & Personal Trips**  
 Check In at Concierge Desk

**9:00 am**  
**Wheel of Fortune**  
 2nd Floor Activity Area

**Circuit Training**  
 3rd Floor Exercise Area

**9:30 am**  
**Darts**  
 3rd Floor Billiards Area

**Chair Dancing**  
 3rd Floor Exercise Area

**Visit with Bella**  
 1st Floor Lobby

**10:00 am**  
**Napkin Folding**  
 1st Floor Dining Room

**Circuit Training**  
 3rd Floor Exercise Area

**10:30 am**  
**Coffee & Conversation**  
 1st Floor Atrium

**1:00 pm**  
**Walmart**  
 Check In at Concierge Desk

**2:00 pm**  
**Then & Now**  
 2nd Floor Activity Area

**Journey of a Lifetime Walking Club**  
 1st Floor Lobby

**3:30 pm**  
**Happy Hour**  
 1st Floor Atrium

**6:30 pm**  
**Darts**  
 3rd Floor Billiards Area

**Evening Movie**  
 2nd Floor Activity Area

**TV Shows**  
 3rd Floor Billiards Area

**7:00 pm**  
**Book Club**  
 1st Floor Lobby

## Tuesday 7

**9:00 am**  
**Personal & Doctor Trips**  
 Check In at Concierge Desk

**Aerobics**  
 3rd Floor Exercise Area

**Darts**  
 3rd Floor Billiards Area

**9:30 am**  
**Bible Study**  
 2nd Floor Activity Area

**Prize Patrol**  
 1st Floor Dining Room

**Chair Dancing**  
 3rd Floor Exercise Area

**10:00 am**  
**Circuit Training**  
 3rd Floor Exercise Area

**10:30 am**  
**Yoga**  
 3rd Floor Exercise Area

**1:30 pm**  
**Bingo**  
 2nd Floor Activity Area

**2:00 pm**  
**Visiting Chef**  
 1st Floor Dining Room

**3:30 pm**  
**Happy Hour**  
 1st Floor Atrium

**6:30 pm**  
**Game Night**  
 1st Floor Atrium

**Evening Movie**  
 2nd Floor Activity Area

## Wednesday 8

**9:00 am**  
**Personal Trips**  
 Check In at Concierge Desk

**Cornhole**  
 Backyard

**9:45 am**  
**Trivial Pursuit**  
 1st Floor Atrium

**Book Club**  
 2nd Floor Library

**10:00 am**  
**Our Lady of Hope Mass**  
 2nd Floor Activity Area

**Fun with Culinary**  
 1st Floor Dining Room

**Circuit Training**  
 3rd Floor Exercise Area

**10:30 am**  
**Singspiration**  
 1st Floor Atrium

**Outdoor Games**  
 Backyard

**10:45 am**  
**Functional Flex**  
 3rd Floor Exercise Area

**11:30 am**  
**Lunch Bunch**  
 Check In at Concierge Desk

**2:00 pm**  
**Stretch**  
 3rd Floor Exercise Area

**2:45 pm**  
**Progressive Party**  
 2nd Floor Activity Area

**5:30 pm**  
**Chefs Table**  
 1st Floor Atrium

**6:30 pm**  
**Darts**  
 3rd Floor Billiards Area

**Evening Movie**  
 2nd Floor Activity Area

## Thursday 9

**9:00 am**  
**Personal & Doctor Trips**  
 Check In at Concierge Desk

**Aerobics**  
 3rd Floor Exercise Area

**9:30 am**  
**Bible Study**  
 2nd Floor Activity Area

**Croquet**  
 Backyard

**Journey of a Lifetime Walking Club**  
 1st Floor Lobby

**10:00 am**  
**Tea Time**  
 1st Floor Dining Room

**Circuit Training**  
 3rd Floor Exercise Area

**10:30 am**  
**Yoga**  
 3rd Floor Exercise Area

**10:30 am**  
**Darts**  
 3rd Floor Billiards Area

**1:00 pm**  
**Live Entertainment**  
**Harpist - Melody**  
 1st Floor Lobby

**1:30 pm**  
**Ice Cream**  
 1st Floor Atrium

**Hand & Foot**  
 2nd Floor Activity Area

**3:30 pm**  
**Happy Hour**  
 1st Floor Atrium

**Prize Patrol**  
 1st Floor Dining Room

**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area

## Friday 10

**8:30 am**  
**Banking & Shopping Trips**  
 Check In at Concierge Desk

**9:00 am**  
**Aerobics**  
 3rd Floor Exercise Area

**10:00 am**  
**Outdoor Games**  
 Backyard

**Circuit Training**  
 3rd Floor Exercise Area

**10:30 am**  
**Wii Games**  
 2nd Floor Activity Area

**Puzzles**  
 3rd Floor Billiards Area

**1:00 pm**  
**Bus Ride**  
 Check In at Concierge Desk

**Stretch**  
 3rd Floor Exercise Area

**2:00 pm**  
**Happy Hour**  
**Live Entertainment**  
**Judy Locke**  
 1st Floor Atrium

**3:15 pm**  
**Chair Dancing**  
 3rd Floor Exercise Area

**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area

**Billiards**  
 3rd Floor Billiards Area

## Saturday 11

**VETERAN'S DAY**

**9:00 am**  
**Outdoor Games**  
 Backyard

**Billiards**  
 3rd Floor Billiards Area

**9:30 am**  
**Church of Epiphany**  
 2nd Floor Activity Area

**10:00 am**  
**News Talk**  
 1st Floor Lobby

**Circuit Training**  
 3rd Floor Exercise Area

**Cooking Quiz**  
 1st Floor Dining Room

**1:30 pm**  
**Bingo**  
 2nd Floor Activity Area

**Book Club**  
 2nd Floor Library

**2:00 pm**  
**Circuit Training**  
 3rd Floor Exercise Area

**3:30 pm**  
**Happy Hour**  
 1st Floor Atrium

**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area

**Darts**  
 3rd Floor Billiards Area

## RESIDENT BIRTHDAYS

November 4  
 Mary C.  
 Ronda D.

November 10  
 Jim M.

November 11  
 Irvin H.  
 Dona B.  
 Anne Z.

November 13  
 Madeline H.

November 15  
 Jennie F.  
 Dorothy S.

November 16  
 Arthur B.

November 25  
 Arlene C.

November 26  
 Eileen K.

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## Sunday 12

**9:00 am**  
Hosting & Entertaining  
1st Floor Dining Room

**9:30 am**  
Coffee & Conversation  
1st Floor Lobby

**10:00 am**  
Our Lady of Hope Group  
Liturgy  
2nd Floor Activity Area

**10:30 am**  
CountrySide Church  
Service  
1st Floor Atrium

**1:30 pm**  
Outdoor Games  
Backyard

**Snacks**  
1st Floor Dining Room

**2:00 pm**  
Board Games  
2nd Floor Activity Area

**Chicken Soup for the Soul**  
1st Floor Lobby

**3:00 pm**  
Trivia  
1st Floor Lobby

**Darts**  
3rd Floor Billiards Area

**6:30 pm**  
Evening Movie  
2nd Floor Activity Area

**Cornhole**  
Backyard

**7:00 pm**  
Cakes, Cookies & Candies  
1st Floor Dining Room

## Monday 13

**8:30 am**  
Shopping & Banking Trips  
Check In at Concierge Desk

**9:00 am**  
Price Is Right  
2nd Floor Activity Area

**9:30 am**  
Darts  
3rd Floor Billiards Area

**10:00 am**  
Coffee & Conversation  
1st Floor Atrium

**Circuit Training**  
3rd Floor Exercise Area

**1:00 pm**  
Shopping – Target  
Check In at Concierge Desk

**2:00 pm**  
Then & Now  
2nd Floor Activity Area

**Journey of a Lifetime  
Walking Club**  
1st Floor Lobby

**6:30 pm**  
Live Entertainment  
Frank Kessel  
1st Floor Lobby

**Darts**  
3rd Floor Billiards Area

**Evening Movie**  
2nd Floor Activity Area

**7:00 pm**  
Book Club  
1st Floor Lobby

## Tuesday 14

**9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk

**Aerobics**  
3rd Floor Exercise Area

**Darts**  
3rd Floor Billiards Area

**9:30 am**  
Bible Study  
2nd Floor Activity Area

**Prize Patrol**  
1st Floor Dining Room

**Chair Dancing**  
3rd Floor Exercise Area

**10:00 am**  
Circuit Training  
3rd Floor Exercise Area

**10:30 am**  
Yoga  
3rd Floor Exercise Area

**1:30 pm**  
Bingo  
2nd Floor Activity Area

**2:00 pm**  
Visiting Chef  
1st Floor Dining Room

**3:00 pm**  
Community Ed  
Connect Hearing  
2nd Floor Activity Area

**3:30 pm**  
Happy Hour  
1st Floor Atrium

**6:30 pm**  
Game Night  
1st Floor Atrium

**Evening Movie**  
2nd Floor Activity Area

## Wednesday 15

**9:00 am**  
Personal Trips  
Check In at Concierge Desk

**Resident Council Meeting**  
1st Floor Atrium

**Cornhole**  
Backyard

**9:45 am**  
Trivial Pursuit  
1st Floor Atrium

**Book Club**  
2nd Floor Library

**10:00 am**  
Fun with Culinary  
1st Floor Dining Room

**Circuit Training**  
3rd Floor Exercise Area

**10:30 am**  
Singspiration  
1st Floor Atrium

**Outdoor Games**  
Backyard

**10:45 am**  
Functional Flex  
3rd Floor Exercise Area

**11:30 am**  
Birthday Lunch  
1st Floor Dining Room

**1:00 pm**  
Lighthouse Tour Display  
1st Floor Lobby

**2:00 pm**  
Stretch  
3rd Floor Exercise Area

**2:45 pm**  
Progressive Party  
2nd Floor Activity Area

**Darts**  
3rd Floor Billiards Area

**5:30 pm**  
Chefs Table  
1st Floor Atrium

**6:30 pm**  
George Gall  
1st Floor Lobby

**Evening Movie**  
2nd Floor Activity Area

## Thursday 16

**9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk

**Aerobics**  
3rd Floor Exercise Area

**9:30 am**  
Bible Study  
2nd Floor Activity Area

**Croquet**  
Backyard

**Journey of a Lifetime  
Walking Club**  
1st Floor Lobby

**10:00 am**  
Tea Time  
1st Floor Dining Room

**Circuit Training**  
3rd Floor Exercise Area

**10:30 am**  
Yoga  
3rd Floor Exercise Area

**10:30 am**  
Darts  
3rd Floor Billiards Area

**1:30 pm**  
Pumpkin Bread  
1st Floor Atrium

**Hand & Foot**  
2nd Floor Activity Area

**3:30 pm**  
Happy Hour  
1st Floor Atrium

**Prize Patrol**  
1st Floor Dining Room

**Circuit Training**  
3rd Floor Exercise Area

**6:30 pm**  
Live Entertainment  
Shannon Rae  
1st Floor Lobby

**Evening Movie**  
2nd Floor Activity Area

## Friday 17

**8:30 am**  
Shopping, Banking &  
Personal Trips  
Check In at Concierge Desk

**9:00 am**  
Aerobics  
3rd Floor Exercise Area

**9:45 am**  
Uno Game  
1st Floor Atrium

**Outdoor Games**  
Backyard

**10:00 am**  
Dominoes  
1st Floor Atrium

**Circuit Training**  
3rd Floor Exercise Area

**10:30 am**  
Puzzles  
3rd Floor Billiards Area

**Wii Bowling**  
2nd Floor Activity Area

**1:00 pm**  
Bus Ride  
Check In at Concierge Desk

**Stretch**  
3rd Floor Exercise Area

**2:00 pm**  
Happy Hour  
1st Floor Atrium

**Live Entertainment  
Marsha & Mike**  
1st Floor Atrium

**3:15 pm**  
Chair Dancing  
3rd Floor Exercise Area

**6:30 pm**  
Evening Movie  
2nd Floor Activity Area

**7:00 pm**  
Billiards

## Saturday 18

**9:00 am**  
Outdoor Games  
Backyard

**9:30 am**  
Church of Epiphany  
2nd Floor Activity Area

**Billiards**  
3rd Floor Billiards Area

**10:00 am**  
News Talk  
1st Floor Lobby

**Circuit Training**  
3rd Floor Exercise Area

**Cooking Quiz**  
1st Floor Dining Room

**1:00 pm**  
Don Kruger on Piano  
& Choir Students  
1st Floor Lobby

**1:30 pm**  
Bingo  
2nd Floor Activity Area

**Book Club**  
2nd Floor Library

**2:00 pm**  
Circuit Training  
3rd Floor Exercise Area

**Wii Bowling**  
2nd Floor Activity Area

**3:30 pm**  
Happy Hour  
1st Floor Atrium

**6:30 pm**  
Live Entertainment  
Blue Velvet  
1st Floor Lobby

**Evening Movie**  
2nd Floor Activity Area

**Darts**  
3rd Floor Billiards Area

## STAFF BIRTHDAYS

November 7  
**Jennifer Turner**  
Concierge Desk

November 19  
**Liz Padilla**  
Housekeeping

November 30  
**Linda Fenty**  
Concierge Desk

**Andrew Leszczynski**  
Maintenance Director

Activities are shown in red. Wellness classes are in blue.

## Sunday 19

**9:00 am**  
**Hosting & Entertaining**  
 1st Floor Dining Room  
**Circuit Training**  
 3rd Floor Exercise Area

**9:30 am**  
**Coffee & Conversation**  
 1st Floor Lobby

**10:00 am**  
**Our Lady of Hope Group Liturgy**  
 2nd Floor Activity Area

**10:30 am**  
**CountrySide Church Service**  
 1st Floor Atrium

**1:30 pm**  
**Outdoor Games**  
 Backyard  
**Snacks**  
 1st Floor Dining Room

**2:00 pm**  
**Board Games**  
 1st Floor Atrium  
**Chicken Soup for the Soul**  
 1st Floor Lobby

**3:00 pm**  
**Trivia**  
 1st Floor Lobby  
**Darts**  
 3rd Floor Billiards Area

**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area

## Monday 20

**8:30 am**  
**Shopping, Banking & Personal Trips**  
 Check In at Concierge Desk

**9:30 am**  
**Darts**  
 3rd Floor Billiards Area

**10:00 am**  
**Napkin Folding**  
 1st Floor Dining Room  
**Circuit Training**  
 3rd Floor Exercise Area

**10:30 am**  
**Coffee & Conversation**  
 1st Floor Atrium

**1:00 pm**  
**Bealls, Ross, Walgreens**  
 Check In at Concierge Desk  
**Live Entertainment**  
**Bobby Meeks**  
 1st Floor Lobby

**2:00 pm**  
**Then & Now**  
 2nd Floor Activity Area  
**Journey of a Lifetime Walking Club**  
 1st Floor Lobby

**3:00 pm**  
**Community Ed**  
**Miracle Ear**  
 2nd Floor Activity Area

**3:30 pm**  
**Happy Hour**  
 1st Floor Atrium  
**Circuit Training**  
 3rd Floor Exercise Area

**6:30 pm**  
**Darts**  
 3rd Floor Billiards Area  
**Evening Movie**  
 2nd Floor Activity Area

**7:00 pm**  
**Play Billiards**  
 3rd Floor Billiards Area

## Tuesday 21

**9:00 am**  
**Personal & Doctor Trips**  
 Check In at Concierge Desk  
**Aerobics**  
 3rd Floor Exercise Area

**Darts**  
 3rd Floor Billiards Area

**9:30 am**  
**Bible Study**  
 2nd Floor Activity Area  
**Prize Patrol**  
 1st Floor Dining Room  
**Chair Dancing**  
 3rd Floor Exercise Area

**10:00 am**  
**Circuit Training**  
 3rd Floor Exercise Area

**Wii Games**  
 2nd Floor Activity Area

**10:30 am**  
**Yoga**  
 3rd Floor Exercise Area

**1:30 pm**  
**Bingo**  
 2nd Floor Activity Area

**2:00 pm**  
**Visiting Chef**  
 1st Floor Dining Room  
**Storytelling**  
 1st Floor Lobby

**3:30 pm**  
**Happy Hour**  
 1st Floor Atrium

**6:30 pm**  
**Game Night**  
 1st Floor Atrium  
**Play Billiards**  
 3rd Floor Billiards Area  
**Evening Movie**  
 2nd Floor Activity Area

## Wednesday 22

**9:00 am**  
**Personal Trips**  
 1st Floor Lobby  
**Cornhole**  
 Backyard

**9:30 am**  
**Trivial Pursuit**  
 1st Floor Atrium  
**Book Club**  
 2nd Floor Library

**10:00 am**  
**Fun with Culinary**  
 1st Floor Dining Room  
**Circuit Training**  
 3rd Floor Exercise Area

**10:30 am**  
**Singspiration**  
 1st Floor Atrium

**10:45 am**  
**Functional Flex**  
 3rd Floor Exercise Area

**11:30 am**  
**Lunch Bunch**

**1:30 pm**  
**Banana Splits**  
 1st Floor Atrium

**2:00 pm**  
**Stretch**  
 3rd Floor Exercise Area

**5:30 pm**  
**Chefs Table Experience**  
 1st Floor Atrium

**Darts**  
 3rd Floor Billiards Area

**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area

## Thursday 23

**THANKSGIVING DAY**  
**NO Personal & Doctor Trips**  
**NO Aerobics**  
**NO H2O Cardio**

**9:30 am a**  
**Bible Study**  
 2nd Floor Activity Area  
**Croquet**  
 Backyard

**10:00 am**  
**Circuit Training**  
 3rd Floor Exercise Area  
**Tea Time**  
 1st Floor Dining Room

**10:30 am**  
**Darts**  
 3rd Floor Billiards Area

**1:30 pm**  
**Hand & Foot**  
 1st Floor Atrium  
**Afternoon Movie**  
 2nd Floor Activity Area

**3:00 pm**  
**Prize Patrol**  
 1st Floor Dining Room

**6:30 pm**  
**Evening Movie**  
 1ACT

**7:00 pm**  
**Billiards**  
 3rd Floor Billiards Area

## Friday 24

**8:30 am**  
**Shopping, Banking & Personal Trips**  
 Check In at Concierge Desk

**9:00 am**  
**Aerobics**  
 3rd Floor Exercise Area

**9:45 am**  
**Outdoor Games**  
 Backyard

**10:00 am**  
**Chicken Soup for the Soul**  
 1st Floor Lobby  
**Circuit Training**  
 3rd Floor Exercise Area

**10:30 am**  
**Puzzles**  
 3rd Floor Billiards Area  
**Coffee & Conversation**  
 1st Floor Atrium

**10:45 am**  
**Wii Bowling**  
 2nd Floor Activity Area

**1:00 pm**  
**Bus Ride**  
**Stretch**  
 3rd Floor Exercise Area

**2:00 pm**  
**Happy Hour**  
 1st Floor Atrium  
**Live Entertainment**  
**Judy Locke**  
 1st Floor Atrium

**3:15 pm**  
**Chair Dancing**  
 3rd Floor Exercise Area

**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area

**7:00 pm**  
**Billiards**  
 3rd Floor Billiards Area

## Saturday 25

**9:00 am**  
**Outdoor Games**  
 Backyard  
**Billiards**  
 3rd Floor Billiards Area

**9:30 am**  
**Church of Epiphany**  
 2nd Floor Activity Area

**10:00 am**  
**News Talk**  
 1st Floor Lobby  
**Cooking Quiz**  
 1st Floor Dining Room

**1:30 pm**  
**Bingo**  
 2nd Floor Activity Area  
**Book Club**  
 2nd Floor Library

**3:30 pm**  
**Happy Hour**  
 1st Floor Atrium

**6:30 pm**  
**Evening Movie**  
 2nd Floor Activity Area  
**Darts**  
 3rd Floor Billiards Area

## HOLIDAYS & SPECIAL EVENTS

November 1-22  
**Scorpio**

November 23-31  
**Sagittarius**

Year of the  
**Red Fire Rooster**

November 5  
**Daylight Saving Time Ends**

November 11  
**Veterans Day**

November 23  
**Thanksgiving Day**

Activities are shown in red.  
Wellness classes are in blue.

## Sunday 26

- 9:00 am**  
Hosting & Entertaining  
1st Floor Dining Room
- 9:30 am**  
Coffee & Conversation  
1st Floor Lobby
- Crosswords**  
2nd Floor Activity Area
- 10:00 am**  
Our Lady of Hope Group  
Liturgy  
2nd Floor Activity Area
- 10:00 am**  
Brunch  
1st Floor Dining Room
- 10:30 am**  
CountrySide Church  
Service  
1st Floor Atrium
- 1:30 pm**  
Outdoor Games  
Backyard
- Live Entertainment**  
Forgiven Way  
1st Floor Lobby
- 2:00 pm**  
Board Games  
1st Floor Atrium
- 2:30 pm**  
Chicken Soup for the Soul  
1st Floor Lobby
- 3:00 pm**  
Trivia  
1st Floor Lobby
- Darts**  
3rd Floor Billiards Area
- 6:30 pm**  
Evening Movie  
2nd Floor Activity Area

## Monday 27

- 8:30 am**  
Shopping, Banking &  
Personal Trips  
Check In at Concierge Desk
- 9:00 am**  
Wheel of Fortune  
2nd Floor Activity Area
- 9:30 am**  
Darts  
3rd Floor Billiards Area
- Visit with Bella**  
1st Floor Lobby
- 10:00 am**  
Napkin Folding  
1st Floor Dining Room
- Circuit Training**  
3rd Floor Exercise Area
- 10:30 am**  
Coffee & Conversation  
1st Floor Atrium
- 1:00 pm**  
Walmart  
Check In at Concierge Desk
- 2:00 pm**  
Then & Now  
2nd Floor Activity Area
- Journey of a Lifetime  
Walking Club**  
1st Floor Lobby
- 3:30 pm**  
Happy Hour  
1st Floor Atrium
- 6:30 pm**  
Darts  
3rd Floor Billiards Area
- Evening Movie**  
2nd Floor Activity Area
- TV Shows**  
3rd Floor Billiards Area
- 7:00 pm**  
Book Club  
1st Floor Lobby

## Tuesday 28

- 9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk
- Aerobics**  
3rd Floor Exercise Area
- Darts**  
3rd Floor Billiards Area
- 9:30 am**  
Bible Study  
2nd Floor Activity Area
- Prize Patrol**  
1st Floor Dining Room
- Chair Dancing**  
3rd Floor Exercise Area
- 10:00 am**  
Circuit Training  
3rd Floor Exercise Area
- Wii Games**  
2nd Floor Activity Area
- 10:30 am**  
Yoga  
3rd Floor Exercise Area
- Outdoor Games**  
Backyard
- 1:30 pm**  
Bingo  
2nd Floor Activity Area
- 2:00 pm**  
Visiting Chef  
1st Floor Dining Room
- Storytelling**  
1st Floor Lobby
- 3:30 pm**  
Happy Hour  
1st Floor Atrium
- 6:30 pm**  
Game Night  
1st Floor Atrium
- Evening Movie**  
2nd Floor Activity Area

## Wednesday 29

- 9:00 am**  
Personal Trips  
Check In at Concierge Desk
- Cornhole**  
Backyard
- 9:30 am**  
Uno Card Game  
1st Floor Atrium
- 10:00 am**  
Fun with Culinary  
1st Floor Dining Room
- Circuit Training**  
3rd Floor Exercise Area
- 10:30 am**  
Singspiration  
1st Floor Atrium
- Outdoor Games**  
Backyard
- 10:45 am**  
Functional Flex  
3rd Floor Exercise Area
- 11:30 am**  
Lunch Bunch  
Check In at Concierge Desk
- 1:30 pm**  
Armchair Travel  
2nd Floor Activity Area
- 2:00 pm**  
Stretch  
3XER
- 5:30 pm**  
Chefs Table Experience  
1st Floor Atrium
- 6:00 pm**  
Darts  
3rd Floor Billiards Area
- 6:30 pm**  
Evening Movie  
2nd Floor Activity Area

## Thursday 30

- 9:00 am**  
Personal & Doctor Trips  
Check In at Concierge Desk
- Aerobics**  
3rd Floor Exercise Area
- 9:30 am**  
Bible Study  
2nd Floor Activity Area
- Croquet**  
Backyard
- Journey of a Lifetime  
Walking Club**  
1st Floor Lobby
- 10:00 am**  
Tea Time  
1st Floor Dining Room
- Circuit Training**  
3rd Floor Exercise Area
- 10:30 am**  
Yoga  
3rd Floor Exercise Area
- Darts**  
3rd Floor Billiards Area
- 1:30 pm**  
Milk Shakes  
1st Floor Atrium
- 3:00 pm**  
Prize Patrol  
1st Floor Dining Room
- Circuit Training**  
3rd Floor Exercise Area
- 6:30 pm**  
Evening Movie  
2nd Floor Activity Area

## EVENT HIGHLIGHT

# Breast Cancer Awareness in October

In the month of October several of our Residents enjoyed making ribbons for Staff and other Residents to wear for Breast Cancer Awareness month. We cut all different kinds of pink ribbons, put pins on them and bagged them up to give away at our Concierge desk.



Look for these Wellness classes listed in blue on the calendar and join us throughout each week for great exercise and fun!

## AEROBICS

Great for your heart and your soul. Join us for one of CountrySide's favorite hours. All levels welcome.

## CHAIR YOGA

For those who would like to experience yoga, but getting on and off the floor is challenging, this class is ideal. You will be guided gently through yoga postures while sitting on a chair, with a special focus on breath and alignment. All levels welcome.

## CHAIR DANCING

Chair Dancing is a combination of chair aerobics and dancing. Popular music mixed with familiar foot and arm movements provide function, flexibility and fun all at the same time. It's quickly growing as a popular activity at CSL. All levels welcome.

## CIRCUIT TRAINING

Learn the fundamentals of a solid gym workout and refine your skills. All levels welcome.

## DANCE PARTY

Learn the latest moves and groove to the beats of your favorite classics. It's the house party you don't want to miss every Friday night! All levels welcome.

## LAKESIDE WITH BELLA

Our community pup guides an hour of fetch, long walks, and deep breathing in the sunshine. All levels welcome.

## FUNCTIONAL FLEX

These functional stretches add maximum flexibility to your body. All levels welcome. Benefits include increased mobility, flexibility, coordination, and body balance.

## H2O CARDIO

This aqua class focuses on using the water as resistance to build cardiovascular endurance, while being gentle on your joints. All levels welcome.

## JOURNEY OF A LIFETIME WALKING CLUB

This ongoing class begins when you identify your next dream travel location. We create a 10-stop journey between CountrySide Lakes and your destination, complete with maps, collectibles, and other fun commemoratives. Each resident is provided a pedometer and the adventure begins. Logged steps are converted to miles and the progress is tracked and celebrated. Benefits include walking, socialization, and family member participation. All levels welcome.

## MINDFULNESS BASICS

Become more mindful, create bi-lateral brain function, and relax. All levels welcome.

## MORNING MEDITATION

Start your day by taking time for yourself and resetting your mind. Utilizes breathing techniques and mindfulness meditation. All levels welcome.

## STRETCH

Improve total body flexibility. All levels welcome.

## KARAOKE

Back by popular demand. Croon away to your favorites.

## LAKESIDE PARTY

Weather permitting, we head down to the water and have some fun. On rainy days, we bring it inside.

## LIVE ENTERTAINMENT

Good times for all, brought to you by local magicians, jugglers, children's groups, and musicians.

## NAPKIN FOLDING

Are you amazed by the unique styles of napkins in the dining room? Learn how to do it yourself and dazzle your family and friends at your next gathering.

## NEWS TALK

Join us as we tackle current events with insightful conversation over coffee.

## OUTDOOR GAMES

Weather permitting, we play shuffleboard, bocce ball, croquet, and more.

## PERSONAL TRIPS

Need a ride? We'll take you wherever you want to go.

## PINE BOX DERBY

Were you a Scout as a kid? Or wish you were? Now's your chance to re-connect with some classic fun and challenge the neighborhood kids to a Derby. Family involvement in building your car is welcome.

## PLANTING & POTTING

Have a green thumb? Join us as we beautify our community with live plants and flowers.

## POOL PARTY

Cool off from the FL sunshine or just come outside by the deck and enjoy games, refreshments, and entertainment.

## PRIZE PATROL

Come help us make the day of some lucky resident – maybe even you. It's a surprise party at their place.

## PROGRESSIVE PARTY

Each week we will visit several different locations here at CountrySide – maybe even your apartment. At each stop, we sample a treat, play a game, and laugh, laugh, laugh.

## PUZZLES

Everyone likes a good puzzle. It's even more fun with friends.

## SINGSPIRATION

Join us as we start our own CountrySide Lakes choir and sing our hearts out.

## SATURDAY NIGHT FEVER

It's the theme party of the week. Join us and let loose with your friends and neighbors.

## SHOPPING TRIPS

Where do you want to go? We're at your service.



## SPORTS TALK

Show off your favorite team apparel and join Charlie in a round table discussion about local, college, and national sports.

## STORYTELLING

Come spin your yarns with us. Or better yet, just come listen to the pros and your fellow amateurs.

## SURPRISE!

This unique event is different every

time, depending on who attends. Bring your creativity and craft a masterpiece in multiple art mediums.

## TEA TIME

Come sample teas from around the globe and learn tips and tricks for brewing that perfect cup.

## THEN & NOW

Join us on Mondays at 2:00 for Then & Now, when we pick a different theme to discuss and show items related to that theme. It's a fun time to reminisce about old and new things. Bring an item to share!

## TRIVIA

Immerse yourself in fun facts about the past, the bizarre, and the unknown with this game of unlimited topics.

## TRUST

Through a series of games and activities, learn to trust your fellow residents. Or not! There is a twist and you'll love it.

## TV SHOWS

Whether you watch *Blacklist*, *House of Cards*, *The Walking Dead*, or *The Big Bang Theory*, join us as we "binge watch" our favorites together.

## VARIETY SHOW

Everyone is welcome as the community shows off its talent.

## VISITING CHEF

Enjoy a cooking show and tastings from one of our local Port Orange, Daytona, or New Smyrna Beach chefs.

## Wii SPORTS

Loved by those of all ages. We're out to find our own Wimbledon and NFL champions.

## WINE CLUB

Be a part of this lucky group that samples a flight of wine each week and provides us feedback as we build our CountrySide Lakes wine cellar.